

DINNERLY



Glazed Teriyaki Chicken with Asian Slaw and Steamed Rice



25 minutes



2 Servings

Take chicken to the next level with our teriyaki sauce. Cook succulent chicken breast in a tangy-sweet marinade until dark golden and glazed, then serve with steamed Japanese rice and an Asian-style cabbage slaw.

WHAT WE SEND

- 150g Japanese rice
- 50ml teriyaki sauce ^{1,6,17}
- 1 large free-range chicken breast fillet
- 1 carrot
- 200g savoy cabbage
- 1 spring onion
- 5g toasted sesame seeds ¹¹

WHAT YOU NEED

- 2½ tsp sugar
- 1 tbs soy sauce ⁶
- 1½ tbs vegetable oil
- 1 tbs white vinegar

TOOLS

- small saucepan with lid
- julienne peeler or box grater
- mandoline (optional)
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

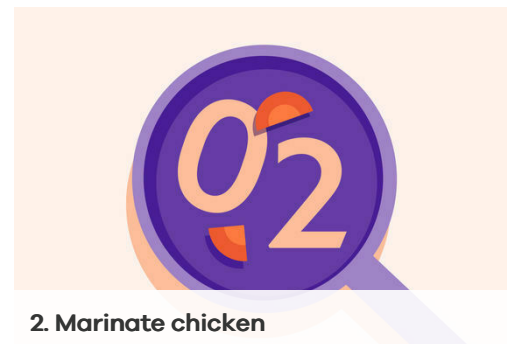
NUTRITION PER SERVING

Energy 665kcal, Fat 17.6g, Carbs 77.0g, Proteins 43.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Marinate chicken

Meanwhile, combine the **teriyaki sauce** and **2 tsp sugar** in a large bowl. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Add the chicken to the marinade and turn to coat.



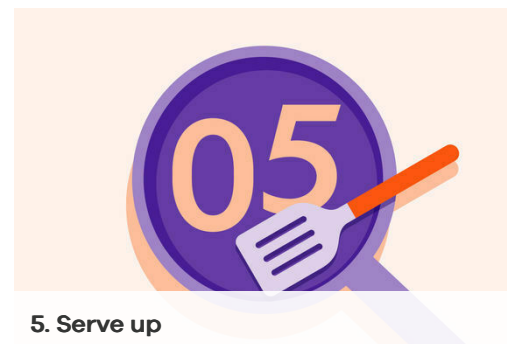
3. Prep slaw

Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Thinly slice the **cabbage** with a mandoline or sharp knife (see Kitchen 101). Thinly slice the **spring onion** on an angle. Put **1 tbs soy sauce**, **1 tbs vegetable oil**, **2 tsp white vinegar** and **½ tsp sugar** in a large bowl and whisk to combine.



4. Pan-fry chicken

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Drain the **chicken**, reserving the marinade. Add the chicken to the pan and cook for 2-3 mins each side until browned. Add the **reserved marinade** to the pan and bring to the boil. Cook, stirring, for 1 min or until the chicken is glazed and cooked through. Remove the pan from the heat.



5. Serve up

Add **2 tsp white vinegar** to the rice and fluff with a fork. Add the **carrot**, **cabbage**, **spring onion** and **half the sesame seeds** to the dressing and toss to combine. Divide the **chicken**, **rice** and **slaw** among plates. Scatter over the **remaining sesame seeds** and enjoy!



6. Kitchen 101

Get super-thin cabbage with a mandoline or use slow, fine strokes with a large sharp knife. The result is perfect for slaw – light, crisp and easy to eat.